

Kylie — Wellness for me simply comes down to happiness

Each and every day of our lives can present new challenges. These challenges can raise positive, negative or 'other' feelings. As an Alopecian I sometimes find it hard to look on the bright side. But today is a good day so I'd like to share some of the funny little things that make me laugh in my day to day life xx

I once had extremely long, thick, luscious locks. Shiny, smooth and frequently envied by others. I loved my hair! But....unfortunately, for reasons still unknown, spots began to appear. It didn't take long before I had not a single hair on my body. What a shock!!

More recently though, I have been having some spontaneous regrowth. When I wake up in the morning I find it amusing to look in the mirror and see my 'bed hair'. I have tufts of hair that are now long enough to be all scrunched up at the back like a birds nest. I quite often come out of the bathroom laughing, seeking out my hubby to help me get the knots out of my hair :)

Speaking of hubby, he too is balding. Not a fellow alopecian, but slowly losing his hair all the same. He will look in the mirror and sigh. "Wish I had more hair" he'll say innocently. Our eyes will meet and then we laugh hysterically. Really babe??!! Really??!! You have more hair than me lol!! In his words (bless his heart) he forgets I don't have hair. Awwwww

We have two children. Both boys. We often wonder what our daughter would look like if we'd been gifted a daughter. Luckily for us the kids are often wanting to try on my wigs. It's amazing how different they look - surprisingly angelic!! Another small aspect to find joy and happiness in.

Losing my eyebrows and eyelashes was definitely hardest of all. Having no definition to my face made me feel like an alien. I chose to get my eyebrows tattooed. I love them and I feel a lot less self conscious. Funnily enough, now that I have some hair regrowth I have blond hairs growing around my eyebrow area. That's right! AROUND my eyebrows, not on them! Ironic huh? I will have to wax above 'my eyebrows'.

Anyway....all in all I believe that wellness for me simply comes down to happiness. My own happiness as well as my loved ones around me. I hope this has come through in my words and its been an enjoyable read xxx

